

Tabata HIIT - Kimberly
Beginner/Vinyasa Yoga - Lauren
Amy-Power Vinyasa

2022 April Fitness Calendar

Circuit Bootcamp - Kimberly
Holiday Hours
ZUMBA-Mariene

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	28 NO CLASS	29 NO CLASS	30 1730 Gentle Unwind Yoga	31 NO CLASS	1 0900 Power Vinyasa	2	Individual classes are \$4 each. Discount ticket books are available.
3	4 1145 Power Vinyasa	5 0900 Tabata HIIT 1700 ZUMBA	6 1730 Gentle Unwind Yoga	7 0900 Circuit Bootcamp 1700 ZUMBA	8 0900 Power Vinyasa	9	
10	11 1145 Power Vinyasa	12 0900 Tabata HIIT 1700 ZUMBA	13 1730 Gentle Unwind Yoga	14 0900 Circuit Bootcamp 1700 ZUMBA	15 0800-1600 NO CLASS	16	NOW hiring Certified Group Fitness Instructors and Sports Officials!
17 HAPPY EASTER	18 0800-1600 NO CLASS	19 0900 Tabata HIIT 1700 ZUMBA	20 1730 Gentle Unwind Yoga	21 NO CLASS 1700 ZUMBA	22 0900 Power Vinyasa	23	
24	25 1145 Power Vinyasa	26 0900 Tabata HIIT 1700 ZUMBA	27 1730 Gentle Unwind Yoga	28 0900 Circuit Bootcamp NO CLASS	29	30	Massage appointments available. Book at +491716107389
							Closed on Sundays

Classes times and dates are subject to change!